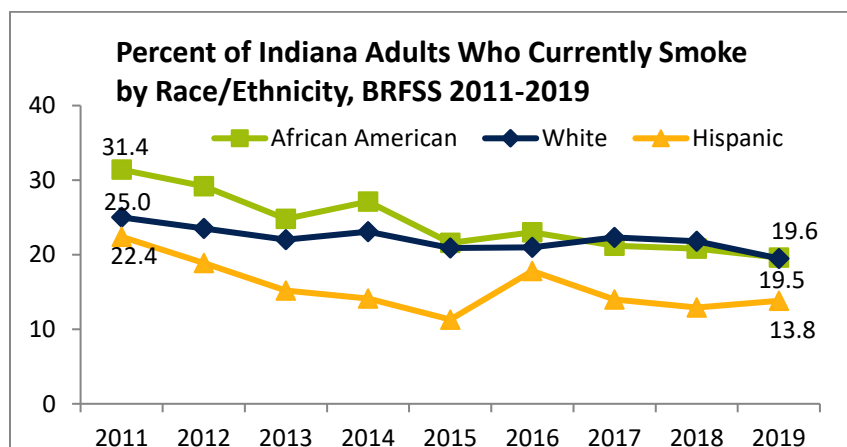


# Indiana African Americans and Smoking

Approximately 11,100 Hoosiers die each year due to smoking.<sup>1</sup> According to the Centers for Disease Control and Prevention (CDC), African Americans are more likely than whites to die from smoking-related diseases.<sup>2</sup> Smoking significantly increases the risk of heart disease, cancer, and stroke – the three leading causes of death among African Americans.<sup>2</sup>

## Smoking Prevalence among Hoosier African Americans

- In 2019, nearly 1 in 5 African American adults in Indiana (19.6%) were current smokers, a significant decline from 31.4% in 2011.<sup>3</sup>
- Historically, smoking prevalence among African Americans in Indiana has been higher than among whites. In 2019, smoking prevalence among African American adults (19.6%) was comparable to the smoking rate among white adults (21.8%).<sup>3</sup>



## Menthol Cigarette Use among African Americans

- In 2019, 89.7% of Hoosier African American adults who smoke reported smoking menthol cigarettes, compared with 35.6% of white smokers.<sup>4</sup>
- Historically, tobacco companies have heavily targeted African Americans in their menthol cigarette marketing.<sup>2</sup>
- Menthol may facilitate absorption of the harmful chemicals in cigarettes into the body, as menthol makes cigarette smoke easier to inhale.<sup>2</sup>
- Use of menthol cigarettes is likely associated with increased dependence and lower success in quitting smoking.<sup>5</sup>
- In a 2011 report to the U.S. Food and Drug Administration (FDA), the Tobacco Products Scientific Advisory Committee estimated that by 2020, menthol in cigarettes will have caused over 460,000 African Americans to start smoking and led to 4,700 excess deaths among African Americans nationwide.<sup>6</sup>

## Quick Facts

- Nearly **1 in 5** Hoosier African American adults (19.6%) were current smokers in 2019.
- The majority of African American smokers in Indiana (89.7%) report smoking menthol cigarettes.
- Over **6 in 10** Hoosier African Americans who smoke intend to quit smoking.
- Over **7 in 10** Hoosier African Americans who smoke tried to quit in the past year.
- Nationwide, African American nonsmokers are exposed to secondhand smoke at more than twice the rate of white nonsmokers.
- African Americans are more likely to die from smoking-related diseases than whites.
- Smoking increases the risk of heart disease, cancer, and stroke – the three leading causes of death among African Americans.

# Indiana African Americans and Smoking

## Smoking Cessation among African Americans

- In 2019, over 6 in 10 African American adult smokers in Indiana reported that they intended to quit smoking.<sup>4</sup>
- In 2019, 61% of Hoosier African Americans who smoke reported attempting to quit at least once in the past year.<sup>3</sup> Historically, rates of quit attempts have been higher among African Americans than whites in Indiana.<sup>3</sup>

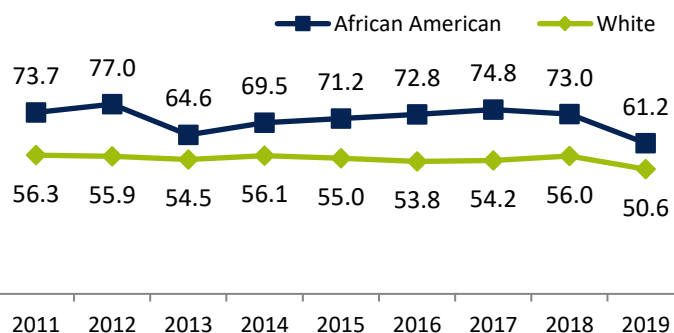
## Secondhand Smoke and Smoke-free Air

- In 2011-2012, the rate of secondhand smoke exposure among African American nonsmokers nationwide (46.8%) was more than double the rate among whites (21.8%).<sup>7</sup>
- While secondhand smoke exposure rates have declined since 1999-2000, the decline has been smaller among African Americans than whites.<sup>7</sup>
- In 2019, 70.7% of Hoosier African American adults believed that breathing secondhand smoke is very harmful.<sup>4</sup>
- The majority of Hoosier African Americans (71.1%) report having smoke-free homes, but non-smokers (84.1%) are more likely to live in a smoke-free home than current smokers (29.2%).<sup>4</sup>

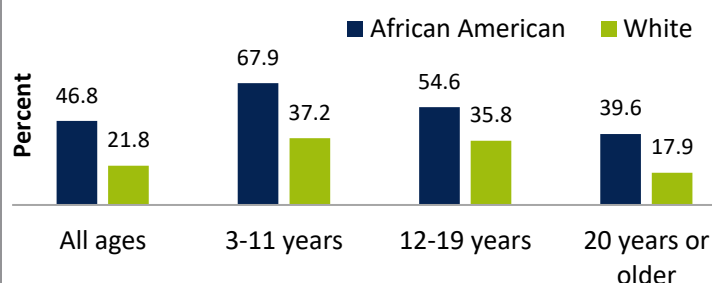
## Conclusions

While smoking rates have declined among Hoosier African Americans in recent years, many remain at risk for poor health outcomes due to smoking and exposure to secondhand smoke. Indiana's tobacco control program continues to raise awareness of tobacco prevention and control issues among the African American community. For more information about resources and support available for quitting tobacco, call 1-800-QUIT-NOW or visit [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com).

Percentage of smokers who attempted to quit in the last 12 months, by race, BRFSS 2011-2019



Prevalence of secondhand smoke exposure among African American and White non-smokers, U.S. 2011-2012<sup>7</sup>



<sup>1</sup> Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Programs – 2014. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

<sup>2</sup> Centers for Disease Control and Prevention. African Americans and Tobacco Use [Internet]. Atlanta (GA): Centers for Disease Control and Prevention; 2016 Aug 17 [cited 2016 Sep 13]. Available from <http://www.cdc.gov/tobacco/disparities/african-americans/index.htm>.

<sup>3</sup> Behavioral Risk Factor Surveillance System, 2011-2019.

<sup>4</sup> Indiana Adult Tobacco Survey, 2019.

<sup>5</sup> U.S. Food and Drug Administration. Preliminary scientific evaluation of the possible public health effects of menthol versus nonmenthol cigarettes. [cited 2016 Sep 13]. Available from <http://www.fda.gov/downloads/ScienceResearch/SpecialTopics/PeerReviewofScientificInformationandAssessments/UCM361598.pdf>.

<sup>6</sup> Tobacco Products Scientific Advisory Committee. Menthol cigarettes and public health: review of scientific evidence and recommendations. 2011 Jul 21 [cited 2016 Sep 13]. Available from

<http://www.fda.gov/downloads/AdvisoryCommittees/CommitteesMeetingMaterials/TobaccoProductsScientificAdvisoryCommittee/UCM269697>.

<sup>7</sup> Homa DM et al. Vital signs: disparities in nonsmokers' exposure to secondhand smoke – United States, 1999-2012. *MMWR* 2015; 64(4): 103-108. Available from [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6404a7.htm?s\\_cid=mm6404a7\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6404a7.htm?s_cid=mm6404a7_w).

Updated 11/2/2020

